From The Heavens....

THE KRATOM BIBLE

Quitting Pain Pills & Opiates with this Divine Leaf!

By DR. KRATOM & FRIENDS

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DAZED & CONFUSED……AN INTRODUCTION

(To Support our effort – Go to www.thekratombible.com where we have scouted countless Kratom suppliers

Kratom is a leaf that…..wait a second! This book is to be helpful and useful to adults. It's not a school report written by a high school kid. "Umm, what

I learned about Kratom is that, uh…”

I will you make you a promise and keep it. At the end of this book, I will include all the encyclopedia style information on Kratom, OK? You will still have all of the reference information handy in case you ever have trouble sleeping.

The approach to the literature on Kratom seems to be the very reason why most of the world is “dazed & confused” on what Kratom is, does and can be used for. The information is a jumbled mess and usually presented by those trying to sell you off of Kratom or by those actually trying to sell you Kratom. The truth is that Kratom is not a very well understood or studied plant. There is a lack of scientific data and of the claims are typically anecdotal.

Like anything, it depends on who is telling you and their own agenda. Even if the agenda is truly intended to be helpful (like mine), you must as they say “consider the source”.

This book will hopefully serve as a guide to Kratom in all its popular forms and delivery methods (some maybe not so popular). This book has been contributed to by current Kratom users, ex-drug users and chronic pain sufferers.

You will learn one of Kratom’s most important features, which is its aid in quitting narcotic pain relievers and its ability to eliminate virtually ALL symptoms of opiate withdrawal.

Learn how it is used, learn how it’s abused & learn why it may become outlawed (non-legal or scheduled) in all fifty of the United States of America.

But that is the point of this book – learn, learn, learn…

Learn by experience. Learn from experience. Here is our experience.

CHAPTER 1 – "Where Can I Get This Stuff?"

Already a much cooler start to a book than its obligatory biochemistry details….no? Kratom can be gotten rather easily and rather quickly in a variety of ways. As this is to be the ultimate, non-disinformation book on the subject, let us start with where NOT to get it.

Head shops in your local area typically will sell the variants of Kratom that look like vitamin bottles. These are capsules often claiming extract-strength (stronger) doses of the various types. While it can be unclear of exactly how much Kratom is in any capsule, the average is about .5 grams or a touch more. Recommended dosages on these bottles is around 5-7 capsules (3.0g to 4.5g or so). These capsules are notoriously unpopular with the vast majority of Kratom users we sampled. Head Shops will often be the absolute last resort to buy those over-priced bottles that come in at around $35.00 for 40 capsules…ouch! To top it off, these capsules are nearly universally recognized as the weakest Kratom you can buy, with near zero effects.

"While I was in painful withdrawal from my Percocets, I grabbed two bottles of Kratom capsules from my local head shop. Paid about $80 bucks and it did nothing other than keep me busy. I figured it was just another fake "legal high" snake oil product. Thankfully, I learned about proper sourcing of this wonder leaf and the rest is history along with my pain-pill addiction."

- *Former Pain-Pill Addict & Current Kratom User*

Where to buy quality Kratom is simply online where there are many reputable vendors that will send you hundreds of grams of powdered leaf, dry-leaf, extracts, etc of high quality Kratom for the same price as that silly bottle of weak capsules from the head shop. Since the vendors tend to change names or sources, it's best to simply perform a few minutes of research on the web. Happy customer reviews and the lack of unhappy reviews will tell you what you need to know.

"If you aren't buying many grams at once, you are probably paying too much. I buy at least 200 grams of powdered Kratom leaf at minimum so it

doesn't get too expensive."

- *Former Pain-Pill Addict & Current Kratom User*

Many of these vendors realize you may be trying to help someone avoid pain pills or withdrawal and offer overnight delivery. There is nothing illegal about purchasing Kratom online and having it delivered to your home unless you live in one of the few states where it is prohibited (the vendors will not ship to you there anyways).

- It has recently come to our attention that many head shops now sell better bulk Kratom if you ask. This is a live update to this book and we found 2 of the local 6 headshops did carry bulk Kratom "behind the counter". So it's worth mentioning here. (this would NOT be an illegal purchase that we are recommending)

CHAPTER 2 – "WHAT DO I BUY?"

This is where the fact that Kratom use is much more a personal art than it is a world science comes into play. It is doubtful that you bought this book to be told to experiment yourself however. What we will do is funnel the reports of Kratom users (many pain pill users & abusers) down to what is most widely reported.

Opiate Replacement – Let's say you know a guy who likes his pain pills a bit too much for your comfort. What would he like the most (according to our research of hundreds of users)?

Maeng Da – This particular variety of Kratom, purchased often in powdered leaf has widely been reported to be the most "opiate-like" of all the varieties. The "upper" and energetic feel that most opiate users expect when taking their pain killers is most resembled when taking this rather bitter powder (comes in dry leafs and extracts but the powder was the winner by a mile in our poll) It's been known to completely stop withdrawal from happening and even give a euphoric feeling for several hours after consumption. Many pain pill addicts say that it's like they never missed a dose (over 80%).

Bali – Definitely right behind Maeng Da in terms of "opiate-like" is this strain that is sold often in dried leaves that resemble tea. This can be the Kratom of choice for opiate users who prefer the sedative quality of medical marijuana. Again, the ability to prevent horrible opiate withdrawal and provide a soft euphoria makes this variety among the two most popular (along with Maeng Da).

Maeng Da & Bali Blend – This has been reported to do what you would expect and that is cross both benefits of the two respective types. The most successful mix seems to be 3 parts Maeng Da to 1 part Bali for a more relaxing euphoric feeling.

These two types in the most cost-effective form you can afford is our recommendation for any new Kratom users. There are many, many other types, strains, blends and extracts being sold that may very well turn out to be even better but due to the lack of trustworthy information by users, we

are only sticking to the two strains that we believe have been proven to hold keys to opiate independence by our research and experience.

Here is the obligatory “explore yourself” paragraph but we wouldn’t include it if it was not true. Try writing a book on which alcohol gets you drunker or makes you happier or causes you to sleep with the wrong person (you’re thinking of that person right now…aren’t you?), etc., etc.

People will respond differently to different blends and doses so your best bet, in our opinion, is to buy both of our recommended types, use the info above, know yourself and experiment by starting off low (4 grams or so) and giving it an hour before you add another 3grams or so. You do not hear of Kratom overdose deaths, do you? You will most likely just vomit if you take too much. It can be unpleasant but opiate withdrawal is much more than unpleasant…it’s like being set on fire for a week as a matter of fact.

We recommend a cheap electronic scale to keep track of the grams you are ingesting.

“The first time I took Kratom, I took 3 hefty scoops at 4 grams each of Maeng Da powder. I waited 10 minutes, took another scoop. I may have taken even another before getting sick and vomiting. I was so uneducated and desperate as I was in full withdrawal. The funny thing is that even the sickness I got from taking too much Kratom was better than the withdrawal. I can distinctly remember thinking that it was actually for the better as I didn’t crave pain pills then (after being sick) and was able to get some sleep”

Former Pain Pill Addict & Current Kratom User

It is highly recommended that you consider your tolerance to opiates when trying Kratom. If you have a strong tolerance to Percocet for example, then you may end up needing double or triple the starting amount of 4 grams but you can still start out small.

Some of the stronger doses among who we have polled take as much as nearly 20g in one dose which is extraordinarily high. The higher doses are typically topping out at 10 to 13 grams per dose. Again, start with a small dose and add some more slowly to find your sweet spot.

CHAPTER 3 – "HOW THE HELL DO I SWALLOW THIS STUFF"

A definite draw back to Kratom is the taste. The powder is so bitter that it can make it nearly impossible to spoon down in any meaningful amount. The powder does not dissolve in water so when "mixed" you get an unpleasant sludge.

Here are the best ways that we found on how to take Kratom without having nightmares after it:

"Toss and Wash" Some folks can sip a bit of water or juice then shove a spoon of powder in their mouths and immediately chase it with juice or water to "wash it down". Bless those people. They are the ninjas of the Kratom world or like Rambo ("eat things that would make a billy goat puke!) Juice is widely reported to help with the bitter taste but water can be easier to chug down quickly.

"Parachute" – This involves wrapping a scoop of powder in a light toilet paper which makes a makeshift capsule. Wash it down and don't look before you flush tomorrow. This method is popular with more folks than you may think.

"Shaken…not stirred" – Pour your powder into a sealed water bottle that maybe has 8 ounces of water in it and just shake like the dickens. Shake violently, like you are playing maracas, dance around while you do it (please be alone). This will mix it up the best you are going to get unless you taint your blender. Fire down the gruesome mixture without breathing through your nose. This is definitely a top 3 to 5 way to take your Kratom among users. It will prevent the chance of a dried pile getting stuck in your throat that causes you to cough it up and go back to pain pills.

"Spoonfeed" – This involves mixing your Kratom powder into something soft like yogurt. While this can vastly reduce the poor taste, it does have you now "eating" Kratom over the matter of minutes instead of swigging it down in a matter of seconds. Still a valid way to down the bitter powder.

"Cooking with Kratom" – A rather new method is to make Kratom recipes. There is not much information on the results that we can trust enough to

include here but it deserves mention for bravery and ingenuity.

“Plugging” – Taking the dose rectally. Yep. That’s all I’m writing on this method.

Kratom Leafs – The above methods have been for the super bitter powders that folks just can’t seem to bear. Kratom Leafs on the hand are pretty much like green herbal tea leaves except for the fact that they taste even worse.

Many folks still attempt to swallow the dried tea leaves whole (with the above methods) which, according to our research, is a mistake. Skipping a chance to extract the power early (via the boiling water) for a faster and more efficient release.

Kratom leaves are to be not just brewed but BOILED. Boil for at least 20-30 minutes and do NOT use any tea bag type filter. Pour the leaves straight in after measuring out your grams. Boil in enough water to fill a mug but not much more. Then pour thru a strainer into your mug or a bowl. Use the back of a spoon to push the wet leaves into that strainer to release the most potent of the liquid. * It is becoming pretty much the rule to now add a hefty squirt of lemon or lime juice to your mixture to help release the active ingredients – the alkaloids. Boil the juice with your leaf and water.

From this point, you may find that it tastes like strong herbal tea. You can add a touch of milk and honey or you can cool it off and mix with cola (popular as cola can allegedly help potentiate and has carbonation).

This method of a long boil of the leaves is exactly how it is done in Thailand to get the most potent dose. Yes, they also chew the raw leaves there but it’s doubtful that you are reading this as an inhabitant of Thailand so you don’t have easy access to raw leaves.

“It’s hard to get a person to try Kratom in just about any of these forms if they are used to popping a few pills for their desired effect. That is why I suggest you show them this book and spring a bag of Kratom on them when they are low on pills as you will find them much more agreeable to trying it for the first time”

- *Ex Pain Pill Addict & Current Kratom User*

CHAPTER 4 - ILLEGAL…..”REALLY?”

Yes, really. A simple Google search for Kratom will not only show the effort by many states and federal authorities to “schedule” Kratom as an illicit drug but you will find many poorly researched articles that warn of the “dangers” of Kratom use.

There is a particular article that describes a Thailand Kratom Cocktail which is a mixture of boiled Kratom tea, cola, cough syrup and only God knows what else. At least the article didn’t try to outlaw cough syrup or Pepsi.

“These lousy articles and panic may cause the only thing that worked for me in ten years of pain-pill addiction to become illegal and illicit.”

- *Ex Pain Pill Addict & Current Kratom User*

As of this writing in late 2015, there are three US states in where you cannot receive Kratom delivered to your door legally – Indiana, Tennessee & Vermont.

Kratom is typically “banned” by way of the “alkaloids” present in Kratom are banned substances and they cannot be sold, purchased, delivered or

used to ingest. Check your local state laws about the legality of obtaining Kratom in any way of course (Yes, I have to say that).

Here is something that you will only find in this book. A funny but important quote from an ex-addict that I interviewed:

"*Thank God that they banned Kratom in those three states. It gave it credibility in my eyes. If they had not banned it, then I never would have given it a try and I would still be taking twelve to twenty Percocets a day*"

- *Ex Pain Pill Addict & Current Kratom User*

Here is a rather depressing piece of recent news that I feel must be conveyed in this book:

"On June 9, 2015, the Food and Drug Administration (FDA) announced an import alert for Kratom, issuing guidance that shipments are to be seized without physical examination from several vendors listed due to concerns that there is no evidence that Kratom does not pose an unnecessary risk of illness or injury, further stating that "Consumption of Kratom can lead to a number of health impacts, including respiratory depression, nervousness, agitation, aggression, sleeplessness, hallucinations, delusions, tremors, loss of libido, constipation, skin hyperpigmentation, nausea, vomiting, and severe withdrawal signs and symptoms."

I promised myself that this book would stay on topic and provide valuable information without getting into rants on the politics of drugs in the various countries around the world.

It's important to realize who is telling you what on this rather mis-understood leaf. That is why I've decided to disclose "Ex Pain Pill Addict & Current Kratom User" behind these folks' respective quotes. I want it to be clear and I want you, dearest reader, to make up your own mind and draw your own conclusions.

It is up to you where you get your information on anything you are planning on putting into your body. It's up to you to evaluate where that

information comes from, what their agenda is and does it check out with other sources of information?

Much of what is written in this book is from hours and hours of research and interviews with current and former pain-pill addicts. This book is obviously written from the point of view of finding Kratom extremely effective in managing chronic pain and masking withdrawal from opiates.

Therefore, I invite you to check out the info in this book, refer to other sources and be responsible. But at least we did not put together this book as some sort of omnipotent hippies that are fighting for your right to get high. We are sharing knowledge, opinions and even a few facts. It is up to you how valuable that is.

You may even say we're wrong on something. But you'll never say we lied.

CHAPTER 5 – "LET'S GET A BIT NERDY"

It was much more fun writing the first three chapters of this book as I feel that is where the most important research has gone into.

But I did promise information that you would expect in any book that calls itself "The Kratom Bible". So let's at least start with why Kratom is special. Why does it work?

Alkaloids, alkaloids, alkaloids. You have probably never heard of them as a "good thing" unless you are or have been addicted to pain pills as then you *only* know them as "good things".

Alkaloids are natural and are chemical compounds….I'm sorry. I just can't write this boring crap. I may be breaking a promise but do you want to see diagrams of atoms? Really?

How about I keep it a touch nerdy but I do a nice summation? I promise I'll attach a bunch of reference data to the back of this book but since I already broke my promise from earlier, I doubt that you'll believe me and good for you! Don't be anybody's fool – even mine.

Back to alkaloids and nerd talk - "The important active alkaloids in Kratom are mitragynine and 7-hydroxymitragynine. These particular alkaloids are responsible for pain relieving, sedative, euphoric, and stimulating effects." Thanks Nerd. Get it folks? These alkaloids act like pain pills do as far as your stomach is concerned. That is the easiest and most honest way to relay this info. I'm pretty sure I just saved someone a lot of research.

Your stomach is important in many ways but in terms of pain pills, that is where the first action happens. As far as pain pill withdrawal goes, that is where your body begins to hate your guts (literally and figuratively).

When you do something to your body for a while like drink daily, ingest pain pills, snort cocaine, inject heroine then your body will simply begin DEMANDING IT!

What happens if you don't give your body what it is demanding? Not much, just cold sweats, hot sweats, loss of appetite, pounding headaches, little sharp headaches, violent diarrhea, stomach cramps, incurable insomnia, a strange taste you get in your mouth that is really gross, muscle aches, painful depression and sometimes even…..irritability! (hard to believe you would be irritable during this but it DOES happen!).

So "tricking" your body by supplying alkaloids that it is used to getting is a more than intelligent place to start when trying to not awake the sleeping beast that is opiate withdrawal. It is that very beast that scares most addicts to their pills.

Think of it as you tip-toeing around as you steal your life and control back from your body. Slowly disarming it from hurting you in return. This is a very simple way of putting it but at least the point is not lost in a bunch of chemistry and diagrams.

Remember this simple fact (well it's technically an opinion but a well-informed one)

"*Addiction soon becomes a sick game of withdrawal avoidance than a game of getting high. Without the gun of withdrawal pointed at your kneecaps, there would be no such thing as narcotic addiction*"

Current Pain-Pill Addict

CHAPTER 6 – "WHAT ELSE SHOULD YOU KNOW?"

Since you ask, there is plenty more to know about Kratom that is not covered in this book. There are a growing number of blogs and websites that are dedicated to the subject but many of them are simply trying to get you to buy Kratom from their affiliate or own store.

These websites, stores and blogs will have pretty good basic info on all of the types and strains of Kratom, their alleged different effects and so on.

We concentrated on the two types of Kratom where we could pass on some first-hand knowledge to you in this book. I recommend checking out the other sources of info. If you want to look up all the parts of Asia where Kratom grows then have a ball. Some of it is interesting.

Usually, when you read a bunch of quotes, it is testimonials to sell you something. This is not that type of list. Consulting here with my experts & contributors, here are a few tips, tricks and facts to pass on to you.

"*You can drink cola or white grapefruit juice with your Kratom to help potentiate the effects. Try a few heartburn pills (cimetidine) and some diarrhea pills (loperamide) about an hour before your Kratom dose. These will get your stomach ready but careful to not mix Kratom powder with cola as it is horrific. The powder foams up and you'll have to eat that horror like a melting bowl of disgusting ice cream. I once misread the forum and made this mistake….I'm still scarred.*"

"*Thai farmers chew up to 60 Kratom leaves a day to deal with that hard labor with a better spirit. Tell this story to a pain pill addicted friend who needs a nudge away from the pills and over towards giving Kratom a try.*"

"*Of the handful of "Kratom deaths" reported in Thailand, zero where from Kratom alone. "*

"Have your Kratom for breakfast. It's so much better on a totally empty stomach. Always wait a few hours after eating to avoid getting sick. Food and Kratom just don't seem to mix for many folks. Why ruin the experience and benefits?"

"I told my pill "hook up" that I'll catch him maybe next week. He was shocked as it was the first time I said that to him in six years. I've never waited a moment longer than needed to get my pills. This was because my wife had ordered a huge bag of Kratom powder and talked me into trying it. I never "caught" him that next week….or any other week."

"The cool think about Kratom is that you can pretty much just take it once a day or every other day. It's just not the same hour to hour roller coaster that narcotic pills are"

"Avoid taking Kratom in back to back days when you can help it to keep your tolerance from building. Kratom tolerance can build up super-fast"

"Kratom withdrawal is nothing, if it even exists, compared to the hell that is opiate-withdrawal."

"Stay on the forums if you want to learn and or keep up. Folks are much more honest than ninety-nine percent of articles online."

CHAPTER 7 - REFERENCE INFO - "NOT AS FUN"

As promised, here is some of the rather nerdy data on Kratom. If you are interested in how high the Kratom trees grow, we got you covered… yuk.

From virtually every online "encyclopedia":

The Chemistry of Kratom (for Nerds)

There are over 40 compounds in *M. speciosa* leaves, including many alkaloids such as mitragynine, mitraphylline, and 7-hydroxymitragynine the most likely candidate for the primary active chemical in the plant), and mitragynine pseudoindoxyl.[13][14] Other active chemicals in *M. speciosa* include raubasine (best known from *Rauwolfia serpentina*) and some yohimbe alkaloids such as corynantheidine.

Mitragyna speciosa also contains at least one alkaloid (rhynchophylline) that is a calcium channel blocker, and reduces NMDA-induced current.[17] [18] The amount of mitragynine within the leaves depends highly on many factors, one major factor is the location of the tree. When trees are grown in Southeast Asia, the levels tend to be higher but when grown elsewhere (even in greenhouses) the levels tend to be low or non-existent.[5] One analysis of products marketed as kratom leaf found, using liquid chromatography-electrospray ionization mass spectrometry (LC-ESI-MS), mitragynine at levels of 1–6% and 7-hydroxymirtrogynine at levels of 0.01–0.04%.[19] The chemical structure of mitragynines incorporate the nucleus of the tryptamine, and these may be responsible for the molecules which are observed in the serotonin and adrenergic systems. In mitragynine, the phenolic methyl ether is considered to be stronger in analgesic paradigms according to some studies. Moreover, the pharmacokinetics of *M. speciosa* in humans has not been well studied and various aspects such as the half-life, protein binding properties and other properties such as the elimination or metabolism is not known.

The Tree

Mitragyna speciosa trees usually grow to a height of 12–30 ft (as promised) (3.7–9.1 m) tall and 15 ft (4.6 m) wide, although some species

can reach 40–70 ft (12–21 m) in height.

Mitragyna speciosa can be either evergreen or deciduous depending on the climate and environment in which it is grown. The stem is erect and branching. The leaves of the Kratom tree are a dark green color and can grow to over 7 inches (180 mm) long and 4 inches (100 mm) wide, are ovate-acuminate in shape, and opposite in growth pattern. The flowers are yellow and round and tend to grow in clusters at the end of the branches.

The leaves of *M. speciosa* are elliptic and are smaller at the end of the branchlets and are pointed at the tip. The leaves have a round and heart-shape at the base with the petioles between 2 to 4 centimeters long.

The flowers are crowded in a round terminal inflorescences which are three to five centimeters long. The calyx-tube is short and cup-shaped, with round lobes. The corolla-tube is five millimeters long with three millimeter long lobes and smooth and revolute in between.

OK, I can't do it anymore. This stuff is boring and widely available all over the web. There is no value in adding more words that I cannot possibly spell.

Simply check the web for any book report type info on Kratom. But get on the forums to learn the uses and methods. It's books like this that could turn off potential interest in Kratom.

CHAPTER 8 – "NOT JUST FOR DRUG ADDICTION! – BENEFITS FOR ALL!"

Kratom has a host of benefits that have been reported. We have concentrated strongly on the cures for opiate dependency and withdrawals as this is more of the cutting edge but Kratom has long been used for a variety of benefits.

Kratom has had different effects & benefits in different forms for different folks.

- Decreased anxiety
- Lower blood sugar levels
- Decreased hypertension
- Decreased fatigue
- Increased and extended energy
- Antidiarrheal effects
- Increased mental acuity
- Weight loss/appetite suppression

(The below are the reported effects associated with the "high")

- Feeling more optimistic/happy
- Pain relief
- Increased energy-levels
- Enhanced communication skills/sociability
- Enhanced motivation

Again, our research shows that many sites tend to steer you towards the more expensive variation of Kratom (consider the source again). And we still recommend the two varieties – *Maeng Da* & *Bali* per our research. We have plenty of information up on the The Kratom Bible website regarding any and all strains, veins, updates, etc.

We have considered recommending a vendor for supply but have yet to find a true number one vendor that is worth promoting over another and feel it's best to let you research due to the changing laws and online stores at this moment.

The latest variety of veins, extracts and powders may be very effective as well but the information has been too inconclusive to recommend to you at this time.

Remember that it may be possible to become addicted to Kratom but that has not yet been proven (although pretty accepted). The users suggest spacing out your use and avoiding extracts to keep your tolerance from building and your chance of addiction at a minimum. This is where the notion "what would you rather be addicted to – pills? Often illegally purchased? Or a legal leaf?" These are bold statements but this book is intended to be straight forward.

CHAPTER 8 QUITTING OPIATES WITH KRATOM

This is where we will refer to our "experts" in the field that have contributed to writing this book.

If you are trying to get a loved-one to quit opiates, then there are some things that you must know to increase your success. There are some common mistakes that people make, even at very well-intended professional detox and treatment centers.

The first thing is understanding. No, not in the emotional "we understand you were bad or had chronic pain and developed a dependency" style understanding (that should be a given anyways). What we have found to be most important is the simple understanding of how this addicts mind, body and spirit is different than yours (or a non-addict).

This understanding, or lack thereof, is most personified in common things an opiate addict will hear by a well-meaning person, doctor, therapist, counsellor, etc.

For example, there is a rather large addiction center who mentions in the very beginning of their literature “You don’t need to get high, that part of your life is over and congrats on taking the first step towards a healthier….” And so on.

While this is all well and good, it does illustrate something that can scare off a potential patient and that is the lack of understanding and misuse of the work “high”. A very common mistake is folks think a person addicted heavily to pain-killers are taking them to get “high”.

When you say something like “you don’t need to get high” then you may not realize that you are saying that the addict doesn’t need to feel like you do on any given average day and certainly not on an above average day.

I believe some quotes by our former addicts will be very insightful so let’s have them jump in as they all are in agreement on this common misunderstanding.

“I was addicted to pain killers for nine years, I had gotten high in the last eight of those years. It was the hardest thing to explain to my husband as it really takes an addict to understand this.”

“It was perhaps the most embarrassing and humiliating part of my five-year addiction. The fact that I needed more and more pills to not feel like I was dying, let alone have a normal day where I could function at work.”

“It’s so frustrating as I know my friend was trying her best to help me but she could not grasp that I honestly believed that I may hurt myself or worse if I quit my opiates as the psychological pain of my withdrawal was worse than any painful moment in my life. The depression and suffering where unbearable.”

“The secret of Kratom? Don’t tell the person that they won’t need to get high. Tell them the truth about Kratom. Tell them that Kratom will get them high! It’s the simple, crude secret to getting an opiate addict to try to quit. That is why suboxone sees so many addicts try it. Suboxone has a reputation that is virtually the same as a pain killer with addicts. It may seem like you are offering Kratom as a new high, a new addiction but that is because you ARE! You need to get the addict to want to quit the horrible

opiates. If they are an addict then your chances are astronomically higher to get them to try if they hear it's getting looked at to be outlawed, causes euphoria, etc. Build that credit up about Kratom. They can use Kratom for the rest of their lives if they have to. It's possible to have it just once a day or a few times a week. It's not the horrific roller coaster ride from hour to hour that opiates are. Get this first step done and you are way ahead of conquering their opiate addiction."

There are excellent programs out there with six steps, twelve steps, twenty steps and so on. This book is not to take a thing away from the wonderful work done by wonderful people of the years to help addicts. It's just been the experience of us that Kratom should be at least as known and popular as all of those programs combined.

The ex-addicts who contributed to his book have, as of this publication, all stayed off of opiates longer than they ever have since becoming addicted. Since the information on Kratom is fragmented, commercial and often infected with disinformation, we felt it so important to not recommend a supplier in the book. We have no affiliates to promote here. We have no vendors that we have partnered with.

We simply believe that this information, framed in this way, must be made available.

More from our ex-addicts:

"Anyone who is thinking that Kratom is just getting pushed to give a new addiction to their opiate-addict friend are forgetting what their friend is doing to themselves everyday with often illegal and expensive opiates."

"We are assuming that you or your loved ones' addiction is an emergency and it most definitely is. I believe it should be treated that way. Kratom is basically what I always dreamed of while I was addicted as it's a long-lasting herbal supplement that is not fake like all the others. It felt like it was made for me and my addiction. I honestly believed it saved my life. My family agrees."

"At least grab Kratom in case you run out of pills, you will run out and try it and not go back"

You may find your loved-one disinterested, but share these quotes from ex-addicts, get them to try it just once. It could honestly save their life.

Inform the addict that they can still take their pills after the Kratom dose. They don't have to be frightened to take the first step so anything it takes. Kratom can be introduced at first to merely cut down the amount of pain pills a person may take in a day.

CONCLUSION?

I think this is typically where I should wrap it all up for you and tell you what I think. But the nature of this book sort of did that already. This book has been an honest sharing experience.

My goal, our goal, was to educate succinctly. To pass along valuable information without selling something behind it. We tried to do it a bit differently from the other books on the market.

These contributors who have chimed in throughout this book are real. Their quotes, tips and comments are real. The success of the contributors in quitting pain pills is what most compelled me to share this info with you.

I think the ultimate conclusion of this book, of this author and his contributors, is to be made by you the reader. I've collected experiences, ran a few experiments and I've tried to share them honestly and with a little bit of fun mixed in.

You can read a recipe on how to make the perfect bread or cake but wouldn't you rather have a friend show you how in the kitchen? Our approach has been to be that friend and quickly tell you pertinent info.

We put this book together after reading the other books on Kratom and checking out the info online. We imagined a book that just cut to the chase. A book that asked the reader to trust us a bit. As we recommend

you continue your research on this newly rediscovered and exciting plant, we are confident that our trust will be kept.

In case you are curious, this author does not want more illicit drugs on the street or in the home or in the USA. I belong to no drug or anti-drug advocacy groups. I'm not advocating anything in this little journey that we have taken. I just wanted to point out the sights on our journey as they are.

I have no idea if Kratom will have gotten more folks off of opiates in the next five years than methadone or if it will be finally proven to cause harm and be outlawed. If it is proven harmful then I will publish a free book stating so. I'm not worried about the free work load but will hold to my word and we always must keep our mind open to new science, discoveries and facts.

Again, it's your body. Be safe, be responsible and be well.

I hope you have enjoyed the little ride and I hope you are bit more educated on this subject than when we began over six thousand words ago.

Please remember to that pain pill addiction is a horrific, easy to hide, hard to quit problem that could conceivably be solved by giving a try to this natural leaf.

I would like to thank you for reading, thank you for buying and thank you for learning and listening. Our website of the same name will keep up on all the latest news on Kratom – developments, it's legality drama and so on. We may one day even support a supplier but that day has yet to come. If you visit the thekratombible.com you will be able to read more and perhaps share yourself.

Hopefully, you will find it appropriate to review this book well. The more people that can introduce a loved-one who is in chronic pain and or addicted to pain pills to Kratom, then the more this little book means.

We've priced this book to fit any budget and that is by design. It's less than the cost of a single street pain pill…without the possible trip to jail=)

Doctor Kratom & Friends

(Special thanks to the brave and honest people who contributed by sharing their stories and expertise on this matter. You truly touched my heart)

DK, MP, JP, JS, TY, DN & GP

ATTACHMENT – STUDY ON KRATOM TO TREAT OPIATE WITHDRAWAL

Experts Study the Benefits of Kratom for Treating Drug Abuse Withdrawal Symptoms

This excellent news has been added on a clinical study of Kratom and its effectiveness surpassing methadone in opiate withdrawal!!

A team of experts is conducting preclinical studies that will determine the value of Kratom in treating substance abuse withdrawal symptoms in humans.

School of Pharmacy faculty member Christopher R. McCurdy and his colleagues isolated Kratom's most abundant alkaloid, mitragynine, and tested the pure compound. They found that the compound's activity is superior to methadone when tested in mice habituated to morphine and that carefully created variations may provide an alternative to methadone in treating addictions to opiates, according to the Medical Xpress report.

"Mitragynine completely blocked all withdrawal symptoms and could provide a remarkable step-down-like treatment for people addicted to hardcore narcotics such as morphine, oxycodone or heroin," McCurdy explained. "The compound has been known for years, but we're working

to come up with an improved synthetic analog or a better formulation of the tea for testing in humans."

Collaborating on the study is Dr. Edward W. Boyer, an opium treatment specialist and a professor of emergency medicine and director of medical toxicology at the University of Massachusetts School of Medicine.

McCurdy said Dr. Boyer has been instrumental in gathering the information they needed in determining the dosages and frequencies of Kratom use for their animal studies.

The clinicians also analyzed a sample by a patient, who had been using Kratom four times a day for more than three years, arriving with seizures at the University of Colorado emergency room. They found that the seizures resulted from co-administration of Modafinil and not due to Kratom use.

"We have been able to distinguish the effects of kratom from those of other drugs whose presence was unanticipated," Dr. Boyer said. "This has allowed us to document that some toxicity of kratom is actually from other pharmaceutical agents that had been added."

"There's still a long way to go, but our research team is motivated to complete the preclinical studies necessary to allow us to start doing human studies," McCurdy added.

Look for more info on the Kratom Bible Website as we follow this exciting study!